

IMMUNITY. NOURISH. HEAL

WINTER SEASONAL MENU

Good morning [upon rising]	The High Line [immunity + glow]: orange, carrot, ginger, turmeric, matcha greene tea
When next hungry 9am - 10am	Central Park Smoothie [vitality]: cold pressed juice base: celery, cucumber, spinach, lemon, parsley + banana, avocado, chia, kale leaf powder, collard greens powder, sprouted bio-fermented pea fibre, broccoli sprout powder, natural sea mineral complex [from wild harvested seaweed]
11am - 12pm	The Bronx [liver cleanse + immunity]: carrot; beetroot; lemon; ginger; flaxseed oil; burdock root herbal extract; rosemary herbal extract
1pm - 2pm	Super Greene Soup [nourish + alkalise]: can be enjoyed hot or cold. filtered water, zucchini, avocado, spinach, lemon, miso paste, spring onion, parsley, dill, garlic, himalayan salt, native mountain pepper. This soup delivers a big hit of alkalising + detoxifying greens. Super purifying + hydrating.
3pm - 4pm	Park Ave [detox + veggie hit]: celery; cucumber; spinach; lemon; parsley
5pm - 6pm	The New Yorker [sustained energy + hormone balance]: alkaline water, activated cashews, banana, cashew butter, vanilla tea, protein powder, hormone balance (pine pollen), energy boost (cordyceps medicinal mushrooms)
6pm - 7pm	Spicy Carrot + Ginger Soup [grounding, immunity + glow]: can be enjoyed hot or cold. filtered water, carrot, avocado, ginger, tahini, rice malt syrup, turmeric, cayenne pepper, echinacea herbal extract, himalayan salt.
7pm - 9pm	Heal + Repair: Chicken bone broth [Vegan option: Sea Vegetable + Mushroom broth]



Other fluids

Drink as much [filtered] water and [organic] herbal tea as you like.
Try to drink 300 – 500ml of water between each elixir and drink herbal tea as you like.

Can I incorporate other food [solids] into my program?

This program is designed to suit your life; your style.

We don't believe that a cleanse should be approached as a temporary period of starvation. The real magic happens when you start listening intuitively to what your body needs, stop punishing yourself and release the view that success can only be achieved through suffering. [This is the perfect time to start practising!]

If you feel like you need solids – first ask “will this serve me by enhancing my experience?” If yes, enjoy!

Some guidance with food options if you need [always choose organic if possible]:

- a fresh salad of raw vegetables drizzled with flaxseed oil and lemon juice as a dressing
- roast potato topped with a salad of raw vegetables [great as lunch or dinner options if you need]
- vegetable soup / broth
- all raw and steamed vegetables and fresh fruits [pear is a good low GI option and pineapple and papaya are great for digestion]
- a small handful of activated nuts or seeds
- ½ avocado – mashed [add lemon and sea salt for extra minerals]
- 1 young coconut [you can eat the flesh too]
- Medium banana [mash it if you like and add cinnamon which will help balance blood sugars]

Stay away from:

refined white sugar and salt / meat / eggs / dairy / animal fats / refined white flour products [bread, pasta] / grains / all refined foods [ie, if it comes in a packet] / caffeinated drinks / alcohol / soft drinks



WINTER CLEANSE TIPS

Summer bodies are made in Winter. We don't need to wait for summer to feel and look our best. A winter cleanse allows us to harness our energy, hit reset on our food intake, and stay healthy and energized. When we eat more and keep our bodies in continual digesting mode, we lose energy for other necessary functions - including immunity, which can make us more vulnerable to getting sick in the colder months.

Here are our 5 top tips to help you get the best out of your cleanse journey, with love and kindness, in the cooler months.

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| 1. | You will feel the cold more while cleansing - layer up, even when indoors. |
| 2. | Take warm baths, or warm showers if a bath is not available. Saunas are also great and will boost the detoxification process by sweating. |
| 3. | Drink lots of hot herbal teas between juices [also warm up the broths and soups in your cleanse]. |
| 4. | Leave your juice to sit at room temperature for a few minutes [approx 10 - 15 mins] before consuming. [Note: as a raw, organic product, juices shouldn't be left out of the fridge for more than 2 hours.] |
| 5. | Now is the perfect time to treat yourself: have a massage / take a sauna / have a long hot bath / do a float session / book a facial... . |

